

## **SPORTS NUTRITION RESOURCES**

**Nutrition and Fitness: Lifestyle Choices for Wellness by Dorothy F. West**  
Goodheart-Wilcox Company, Inc. Tinley Park, IL, Copyright 2000

### **Food and Fitness: Nutrition and Food Curriculum Guide**

Includes sports nutrition lessons, an open letter to teachers, teaching strategies, reflection notebook, a listing of free or inexpensive materials and computer software.

**[http://www.uen.org/utahlink/lp\\_res/nutri100.html](http://www.uen.org/utahlink/lp_res/nutri100.html)**

### **Nutrition and Fitness**

Presents lesson information on specific topics such as fiber, cholesterol, sources of vitamins, vegetarianism, basal metabolism, and diet and exercise. Includes exercises, puzzles, problems, personal application, and a nutrition test. A catalog can be ordered from the address listed below.

**Thinksmith, Post Office Box 118, Owatonna, MN 55060, 1-877-764-8466**

### **Why Teach Sports Nutrition in Your Curriculum?**

Explains the importance of sports and nutrition for medical students and residents.

**<http://med.usd.edu/family/hfactor/2000/00novpg10.htm>**

### **Sports Nutrition Page for Serious High School Athletes**

Gives clear, concise, readable and useful information for health, welfare and optimum performance of young athletes.

**<http://www.usstudentathletes.com/articles/nutrition.html>**

### **Sports Nutrition**

Provides useful sports nutrition information through a course outline. Show how the national standards for Family and Consumer Sciences are achieved in Sports Nutrition.

**<http://www/tesd.k12.pa.us/stoga/dept/FCS/SN.htm>**

### **Sports Nutrition**

Lists career opportunities in Sports Nutrition.

**<http://www.mnsfld.edu/~health/sptcareer.htm>**

## **SPORTS NUTRITION RESOURCES**

### **Sports Nutrition Course Objectives**

Gives valuable information regarding nutrition and the olympics, fueling and cooling olympic athletes, nutrition and training are team players, and nutrition and sport focus. Couples food with the science of sports nutrition. Provides a resource listing that includes books, videos, newsletters, and the internet.

**<http://btc.montana.edu/Olympics/nutrition/resources.html>**

### **United State Department of Agriculture (USDA)**

Provides useful information on food and nutrition. Includes links to child care nutrition, resource list, dietary guidelines, food guide pyramid and consumer information.

**<http://www.usda.gov/>**

### **Vegetarian Resource Group**

Educates the public on vegetarianism and interrelated health issues.

**<http://www.vrg.org/>**

### **American College of Sports Medicine**

Discusses certification and credentialing, health and fitness information, and grant and research initiatives.

**<http://www.acsm.org/sportsmed>**

### **Gatorade Company**

Gives the origin of gatorade and discusses hydration.

**<http://gatorade.com>**

### **Gatorade Sports Science Institute**

Shares knowledge on sports nutrition and exercise science.

**<http://www.gssiweb.com/>**

### **National Coalition for Promoting Physical Activity**

Discusses the mission, the history and national organizations that are involved in promoting physical activity.

**<http://www.ncppa.org/physactfactsheets.asp>**

## **SPORTS NUTRITION RESOURCES**

### **Columbia Visual Body**

Provides a virtual body where various segments are narrated. Explains various health issues and offers information on addictions, health conditions and health references.

**<http://www.medtropolis.com/default.asp>**

### **Exploratorium**

Presents online activities, online exhibitions, online magazines and hands on activities.

**<http://www.exploratoriumstore.com/sportinglife.html>**

### **PBS**

Provides challenges and lesson plans for science, math, social studies through a cyberschool format.

**[http://pbscyberschool.pbs.org/skate/index\\_skate.html](http://pbscyberschool.pbs.org/skate/index_skate.html)**

### **The Division of Foods and Nutrition: Sports Nutrition Emphasis**

Outlines the sports nutrition internship program at The University of Utah. Provides links to additional sports nutrition related sites.

**<http://www.health.utah.edu/fdu/sports.html>**

### **High Energy Eating by Barbara Day, M.S., R.D., C.N.**

Contains worksheets, charts, and guides to monitor activity, and food intake. Provides directions and worksheets to calculate caloric needs, basal metabolism, etc.

**Published by An Apple A Day-14809 Landmark Drive, Louisville, KY  
40245**

**ISBN 0-9631538-5-4**